

TONFA

Self-Defense

(with partner armed with bo)

From Ready Position #2

All Blocks are defending against a BO unless otherwise stated

1. Defending against a SWEEP
 1. Down Block (left) (c)
 2. Shuto (right) (c)
 3. Reverse Shuto (left) (c)
2. Defending against an OVERHEAD STRIKE
 1. Upward Block (left) (c) / Punch (right) (c)
 2. Shuto (to groin) (left) (c) / Overhead Strike (right) (c)
3. Defending against an empty-handed GRAP (both hands)
 1. Two-Hand Inside Block (c)
 2. Two-Hand Ridge (c)
 3. Two-Hand Uppercut (to ribs) (o)
4. Defending against a DIAGONAL HEAD STRIKE
 1. Two-Hand Outside Block (left side) (c)
 2. Shuto (from hip) (right) (o)
 3. Overhead Strike (right) (o)
5. Defending against a LEG SWEEP
 1. Leg Lift Block (left) (o)

Defending against a HORIZONTAL STRIKE

2. Inside Block (right) (c)
 3. Overhead Strike (right) (o)
 4. Upper cut (under chin) (right) (c)
6. Defending against an football tackle-like LUNGE (someone coming at you)
 1. 4-Circle Strike

